

CHECKPOINT PATTERN WORKSHEET

List the names of all group members:

Check Point #	Distance	Record HR Data for All Group Members
Check Point 1	100M	
Check Point 2	200M	
Check Point 3	400M	
Check Point 4	800M	

Check Point (CP) Questions

(Allow each group member to provide an answer to the questions below.)

CP 1: Give an example of a person who has demonstrated perseverance. Briefly discuss why you choose that person?

CP 2: What is 1 benefit to exercising in the Heart Health target heart rate zone?

CP 3: Name a sport or activity in which physical activity in the Max Performance heart rate zone would be important?

CP 4: What is 1 thing you can do to ensure that you're getting enough daily physical activity.

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